

## ABSTRACT OF THE INVENTION

[0031] One or more balancing objects are provided having an arcuate roof onto which a user may step and a pair of sidewalls to support the roof. The arcuate roof is shaped such that a portion of a user's foot will contact the balancing object when standing on the roof, thereby challenging the user to maintain balance in a more unsteady state than when standing flat-footed. The sidewalls extend downwardly from lateral side regions of the arcuate roof and preferably have a concave profile extending laterally towards one another to provide superior strength to the balancing object when loaded under a user's weight. A frictional overmold may be formed over the arcuate roof to provide a frictional surface preventing a user's footwear from slipping off of the balancing object. Multiple balancing objects may be positioned on a flat, horizontal surface in a variety of orientations such that the user can target certain muscle groups to train for improving balance and proprioception.